

The HOME CORNER

WITH THE LADY JOKERS

A Wise Reply
"Of King Solomon's wives once asked him."

"My dear," replied the King, "you are one in a thousand."

Her Experience
The maid was leaving her attention to take up a position as attendant at a private luncheon.

"Why, Jane," said her mistress, "what experience have you of such institutions?"

"Well, mum," replied the girl, "I've been here over five years!"

The Nautical Way
"It's here," said the wife, "that a nautical mile is nearly six-sevenths more than a land mile. How can that be, John?"

"Well, dear," replied the husband, "you know how things swell in the water."

NOT MUCH DIFFERENCE

Vegetarians Healthy But Slow in Generating Body Heat

Experiment running over two years has been conducted at Kansas City, where a professor has been observing 10 vegetarians and comparing them with meat eaters. He finds that the vegetarians do not produce as much energy as quickly as meat eaters, placing the difference at 10 per cent.

The vegetarians, he says, do not appear to be more active or intelligent than meat eaters, nor do they more appear to become sick. Apart from generation of heat, he could see little difference in the two plans of diet.

WEARING LARGER SHOES

Women's feet, according to men who make and sell shoes, have gone down. Most of the men who are attributed to the modern woman's love of athletic and outdoor life. Size four is still very popular, but it is amazing the number of women who wear sizes. Seven and eight are by no means the unheard of thing they were years ago.

NEW FORM OF ILLUMINATION

A new light has been invented which, it is said, may soon change the history of electric lighting. The illumination is produced by carbon dioxide gas which when introduced into clear glass tubes under proper electric current produces a steady white light, having all the qualities of daylight. Carbon dioxide gas is not poisonous, as a carbon monoxide gas, used for heating and illuminating.

WOMEN OUTNUMBER MEN

A fifth of the total population of Scotland is concentrated in Glasgow, the decimal census figures, now made public show. The population of Glasgow is given as 1,088,661, with 107 females for every 100 males. In Edinburgh the women outnumber the men by 12 to 10.

For the Home of "Good Eats"

Do you know that a delicate pudding can be made of potatoes? Boll and mash potatoes to two cups, add nearly one cup of sugar while potatoes are hot. Add butter size of a large hen's egg, salt to taste, two or three eggs and beat all well till light. Pour into a greased quart pie dish and bake in moderate (not hot) oven. Caraway seeds give a delicious flavor or any favorite extract may be used. Eat hot or cold is equally delicious.

Chinese Eggs

Eggs are plentiful and the only profit is in eating them raw. Have you tried them this way? With a new use about a quarter pound of raw pork, shredded or finely chopped, season to taste, beat all together and turn into a frying pan of hot fat (not deep). Stir with a knife till set and

Arabic Pudding

Five tablespoons butter, 1 cup light brown sugar, 3 egg yolks, 1/2 cup cold water, 1/2 teaspoon vanilla, 1 dozen lady fingers. Cream the butter, add sugar, cream and then the egg yolks. Add coffee and vanilla drop by drop till mixture is thick. Add the mixture will curdle. Place 2 or 3 lady fingers in purée or sherry glass and cover with coffee mixture then set in ice box for 3 hours.

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FISH AND HOW TO COOK IT

Domestic Department of Fisheries Issue New Booklet Printed in Both French and English

Copies of the new book, "Fish and How to Cook It," which has been issued by the Dominion Department of Fisheries, are now available either in French or English at a price of ten cents each. The booklet has been prepared under the direction of Mr. J. E. Spencer, specialist in fish culture, who is now on the department staff. It gives a complete list of information and is designed to meet the needs of the average Canadian fisherman. It also contains a list of the books which should be read by the fisherman to get the most out of his fish.

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Your Health

Feeding the Family

It is not an easy matter to feed a family properly and economically. It is a matter of balance. The food which is eaten should be balanced in the selection of foods which should follow certain principles. If the diet is not balanced, the health of the family at a minimum is materially needed for the proper growth and functioning of the body. In other words, for healthy development of healthy food.

Each member of the family requires a certain amount of protein, fat, starch or sugar, vitamins and minerals. Milk is the one food which contains all of these elements in the proper amounts. It is the best food for the family. It should be eaten at the first few months of life, and so we must look to other foods to make up the balance.

Corn Bread

2 cups yellow corn meal, 4 level teaspoons baking powder, 2 cups flour, 1/2 teaspoon salt, 1 pint milk, 2 tablespoons melted butter, 1/2 cup boiling water.

Four the baking powder and salt. Beat the yolks of the eggs until they are light, then add the milk, the flour and the melted butter; beat to a stiff batter. Add the latter to your mixture, stirring it in quickly. Pour all into a shallow, well greased pan and bake in 25 minutes.

Oatmeal Cookies

1/2 cup oatmeal, 1/2 cup sifted, 2 teaspoons baking powder, 1/2 teaspoon salt, 1 teaspoon oil, 1 cup butter or other shortening, 1/2 cup sugar, 1 egg, well beaten.

Four the oatmeal and salt. Add the butter and sugar, creaming them together. Add the egg, beating it in. Add the oatmeal and salt, stirring it in. Bake in a shallow, well greased pan and bake in 25 minutes.

Cocunut Bread Mince

1/2 cup sugar, 1/2 cup oil, 2 cups milk, scalded, 1/2 cup coconut, 1/2 cup vanilla, 1 egg white, stiffly beaten, 1 teaspoon vanilla.

Combine sugar and water. Place in low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms. Add the cold water, or spiced long through when dropped from tip of spoon (240 degrees Fahrenheit). Pour syrup in the steam over egg white, beating constantly. Add vanilla. Continue beating until stiff enough to spread on cake. Spread on cake and sprinkle thickly with coconut while frosting is stiff. Bake in moderate oven (350 degrees Fahrenheit) 18 to 20 minutes. Makes 4 dozen cookies.

Cocunut Sea Foam Frosting

1 cup brown sugar, 1/2 cup oil, 1/2 cup coconut, 1/2 cup vanilla, 1 egg white, stiffly beaten, 1/2 cup vanilla.

Combine sugar and water. Place in low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms. Add the cold water, or spiced long through when dropped from tip of spoon (240 degrees Fahrenheit). Pour syrup in the steam over egg white, beating constantly. Add vanilla. Continue beating until stiff enough to spread on cake. Spread on cake and sprinkle thickly with coconut while frosting is stiff. Bake in moderate oven (350 degrees Fahrenheit) 18 to 20 minutes. Makes 4 dozen cookies.

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Report of July Meeting of Grande Prairie U.F.A. Local

The Grande Prairie U.F.A. local held its July meeting at the home of Mr. and Mrs. G. P. Cooke.

A resolution was passed asking that the health clinic previously employed in the Grande Prairie area be continued. The health clinic was a great help to the community and it was felt that it should be continued.

The president expressed appreciation of the work of the committee. The committee was thanked for their work and the meeting was adjourned.

THE FIRST DOMINION DAY

Many Still Living Who Took Part in Celebration

It was sixty-five years ago that the first Dominion Day celebration took place in the city of Grande Prairie. The celebration was a great success and it was felt that it should be continued.

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REFITTING OLD VESSEL

Clipper Ship Built in 1876 Will Sail Sea Again

The day of wooden ships and men has not yet gone by. The "Queen of the Sea," once "Queen of the Sea Clippers," has sailed for Bath, Maine, to be fitted out for the new season. The ship was built in 1876 and it was felt that it should be continued.

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WEMBLEY NEWS

Mr. and Mrs. G. F. Nelson and son, Charles, left for the city of Grande Prairie last week after three weeks attending the Calgary Stampede. The stampede was a great success and it was felt that it should be continued.

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REDUCED FREIGHT RATES

Lower Rates for Livestock in Quantities Less Than Full Carload

Reduced freight rates for the movement of livestock in quantities less than a full carload have been announced by the Canadian National Railway. The rates are a great help to the community and it was felt that it should be continued.

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EDINBURGH FLOODLIGHTS

STONE OF REMEMBRANCE

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PANISIES DO GROW HOW HERE

A very fine collection of panisies was brought into The Tribune office last Saturday afternoon. The panisies were a great success and it was felt that it should be continued.

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MODERN ECONOMICS

Down at Port Huron, Ontario, a farmer was looking at a \$1750 suit in a show window. "I just marked 245 pounds of wool," said the farmer, "and if my check for the proceeds was just 20 cents higher I could buy that suit."

A NEW EDEN

Leaves From Fig Tree May Be Used By Ducks/beans on New Island Home

Nature has been kind to the Ducks/beans who are to be introduced on the new island. The Ducks/beans are a great success and it was felt that it should be continued.

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COST OF HORSE LABOR

The superintendent of the Federal Experimental Station at Hinton, Alberta, has provided some interesting statistics on the cost of horse labor. The cost of horse labor is a great help to the community and it was felt that it should be continued.

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Bo-Peep Inn

Opposite Macdonald's Meat Market

JUST DIFFERENT! We serve DINNER For the small sum of 30c

BREAKFAST

Including Hot Cakes that are also different! 25c

WITH THE YOUNG FOLK

CONDUCTED BY "UNCLE JACK"

Girls and Boys: Another week has gone and August is here. Just one more month of play and fun, and then school will be here for most of us. All Canada of seventy years and older should remember the day.

What I really want to say, however, is, not that vacation time is ending, but that The Tribune's competition for young writers starts right now. You have had a whole month of play, games and fun, and now it is time to get busy to write about it.

Uncle Jack has planned to offer a dollar each week for the best letter about anything received from girl or boy of school age, but in this forty-five year country many of its girls and boys are so far from The Tribune office that it is far too short a time, therefore, for a starter, it will be a month.

In judging who shall get the dollar, The Tribune will consider the age of the writer, the quality of the letter, and the number of words. It will not be a fair chance. So don't forget to send your age, address, school you go to, and who is your teacher. You can send poetry, if you would rather.

Of course, if there are many contestants, so that one dollar will be given, but just now it is all an experiment and these days a dollar means a lot to Uncle Jack—and maybe it does to you, too.

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